

Creamy Asparagus Soup¹⁰

Number of Servings: 10 (275.78 g per serving)

Amount	Measure	Ingredient
2 3/4	cup	Potatoes, w/skin, fresh, diced, USDA
3.00	cup	Asparagus, fresh
2/3	cup	Onion, yellow, fresh, chpd
2/3	cup	Celery, fresh, diced
8.00	tsp	Margarine, soft, safflower oil
4 3/4	cup	Water, tap, municipal
8.00	tsp	Seasoning, original
3/8	tsp	Spice, pepper, black, ground
2/3	cup	Flour, all purpose, white, bleached, enrich
2.00	cup	Milk, nonfat/skim, w/add vit A & D
1 1/4	tsp	Lemon Peel, fresh

Nutrients per serving

Nutrition Facts	
Serving Size (276g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 10%	Vitamin C 20%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

In an appropriate sized soup pot over high heat, combine the diced potatoes, asparagus (each # = 4 cups sliced/diced - may use fresh or frozen cuts), onion, celery, Mrs. Dash seasoning, and water. Bring to a boil and reduce heat, cover and simmer until the vegetables are tender, about 15 minutes. Stir in margarine.

In a small bowl, whisk together the flour and milk, Pour the mixture slowly into the soup pot, stirring constantly. Increase the heat to medium high and continue to stir until the soup thickens, about five minutes. Remove from heat. Season with grated lemon peel to taste.

1 serving = 1 1/8 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Notes

Each # of fresh Asparagus = approx. _4 1/2_ cups diced asparagus